

Physical Readiness Program E-GRAM

UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS

5720 Integrity Drive, Millington TN 38055 - OPNAV N135F - October 2012

Does a member have to be in the LIMDU status (ACC 105) to receive a BCA medical waiver? No. Members may also qualify for a BCA medical waiver if:

- 1) There is an inability to obtain an accurate weight (e.g., arm or leg cast) or measurement (e.g., recent non-elective surgery on an area directly involved with the measurements used to calculate BCA).
- 2) Member has fallen out of BCA standards within the preceding 6 months due to a medical condition or medical therapy which has been newly diagnosed, worsens in severity, or increases in dosage in that 6-month period, which is known for weight gain.

How can I change my saved PARFO if I have a change in medical status prior to participating in the PFA? Contact your Command Fitness Leader (CFL) or Assistant CFL (ACFL). Your CFL/ACFL has the ability to edit existing PARFQs and will assist you in updating your PARFQ to reflect your most up-to-date medical status prior to participating in the PFA. A “Yes” response that needs to be reverted to a “No” response may still require clearance from your AMDR.

If a member requests a “Bad Day” PRT and is granted a retest by the Commanding Officer, what is the time frame in which it must be completed? The retest must be administered no earlier than 24 from the initial PRT failure and no later than 10 days from the date the official BCA was taken. Note: There are no “Bad Day” BCAs or retests for BCA.

Is there a way to increase awareness for health risks for the Sailors in my command? Yes. The single waist circumference measurement is a great tool to identify potential health risks based on your Body Mass Index (BMI). According to the National Heart, Lung, and Blood Institute, if you have abdominal obesity and most of your fat is around your waist rather than at your hips, you're at increased risk for coronary heart disease and type-2 diabetes. The risk of sudden death goes up with a waist size that's greater than 35 inches for women and 40 inches or above for men. You can measure your waist size by placing a tape measure around your mid section at the navel with the tape parallel to the deck. Stand up straight and measure your waist just after you breathe out.

The Navy's goal is to have healthy, fit Sailors. How healthy is your heart?

Best Practice

When a member fails the 2nd PFA in a 4-year period, send them to TAP! Seeing what is on the outside has proven to be a good motivator.

Tip of the Month!

Navy wants Sailors to choose supplements wisely. Find out more about the Operation Supplement Safety (OPSS) campaign and how to get involved at: <http://hprc-online.org/dietary-supplements/opss/operation-supplement-safety-OPSS/opss-campaign-press-kit>